



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09087, Dates, deglet noor ^a

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ^{1 2 3}	g	20.53	13	0.759	17.93	21.8	2.0	17.268	23.799	3	Analytical or derived from analytical	--	10/2002
Energy	kcal	282	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Energy	kJ	1178	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Protein ^{1 2 3}	g	2.45	13	0.100	2.1	2.82	2.0	2.016	2.881	3	Analytical or derived from analytical	--	10/2002
Total lipid (fat) ^{1 2 3}	g	0.39	13	0.181	0.13	0.91	2.0	-0.39	1.172	3	Analytical or derived from analytical	--	10/2002
Ash ^{1 2 3}	g	1.60	13	0.071	1.3	1.75	2.0	1.296	1.903	3	Analytical or derived from analytical	--	10/2002
Carbohydrate, by difference	g	75.03	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Fiber, total dietary ^{1 2 3}	g	8.0	13	0.272	7	8.8	2.0	6.809	9.146	3	Analytical or derived from analytical	--	10/2002
Sugars, total ^{2 3}	g	63.35	7	0.856	61.51	68.03	2.0	59.868	66.835	2	Analytical or derived from analytical	--	10/2002

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 2 3	g	23.84	7	2.220	17.12	37.42	3.0	17.016	30.674	2	Analytical or derived from analytical	--	10/2002
Glucose (dextrose) 2 3	g	19.87	8	0.692	14.99	23.19	6.0	18.161	21.578	2	Analytical or derived from analytical	--	10/2002
Fructose 2 3	g	19.56	8	0.726	15.5	22.58	6.0	17.781	21.335	2	Analytical or derived from analytical	--	10/2002
Lactose 2 3	g	0.00	7	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	10/2002
Maltose 2 3	g	0.12	8	0.022	0	0.33	3.0	0.048	0.186	2	Analytical or derived from analytical	--	10/2002
Galactose 2 3	g	0.00	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	10/2002
Minerals													
Calcium, Ca 1 2 3	mg	39	13	3.093	30	47	2.0	25.355	51.97	3	Analytical or derived from analytical	--	10/2002
Iron, Fe 1 2 3	mg	1.02	13	0.020	0.88	1.3	2.0	0.939	1.111	3	Analytical or derived from analytical	--	10/2002
Magnesium, Mg 1 2 3	mg	43	13	0.322	40	45	2.0	41.259	44.026	3	Analytical or derived from analytical	--	10/2002
Phosphorus, P 1 2 3	mg	62	13	2.541	54	68	2.0	50.62	72.488	3	Analytical or derived from analytical	--	10/2002

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K 1 2 3	mg	656	13	24.975	584	731	2.0	548.46	763.374	3	Analytical or derived from analytical	--	10/2002
Sodium, Na 1 2	mg	2	9	1.681	1	5	1.0	-18.88	23.838	2	Analytical or derived from analytical	--	10/2002
Zinc, Zn 1 2 3	mg	0.29	11	0.033	0.21	0.4	2.0	0.145	0.433	3	Analytical or derived from analytical	--	10/2002
Copper, Cu 1 2 3	mg	0.206	13	0.031	0.09	0.32	2.0	0.073	0.34	3	Analytical or derived from analytical	--	10/2002
Manganese, Mn 1 2 3	mg	0.262	13	0.023	0.18	0.33	2.0	0.163	0.36	3	Analytical or derived from analytical	--	10/2002
Selenium, Se 2 3	µg	3.0	8	0.170	2.1	3.5	6.0	2.557	3.393	2	Analytical or derived from analytical	--	10/2002
Vitamins													
Vitamin C, total ascorbic acid 2 3	mg	0.4	8	0.165	0	1.4	3.0	-0.158	0.891	2	Analytical or derived from analytical	--	10/2002
Thiamin 1 2 3	mg	0.052	13	0.012	0.04	0.1	2.0	0.001	0.103	3	Analytical or derived from analytical	--	10/2002
Riboflavin 1 2 3	mg	0.066	13	0.027	0.01	0.13	2.0	-0.049	0.181	3	Analytical or derived from analytical	--	10/2002
Niacin 1 2 3	mg	1.274	13	0.026	1.12	1.43	2.0	1.16	1.387	3	Analytical or derived from analytical	--	10/2002

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid 1 2 3	mg	0.589	13	0.043	0.45	0.71	2.0	0.406	0.773	3	Analytical or derived from analytical	--	10/2002
Vitamin B-6 1 2 3	mg	0.165	13	0.041	0.08	0.26	2.0	-0.009	0.34	3	Analytical or derived from analytical	--	10/2002
Folate, total 1 2 3	μg	19	13	1.660	11	28	2.0	11.983	26.267	3	Analytical or derived from analytical	--	10/2002
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Folate, food	μg	19	13	1.660	11	28	2.0	11.983	26.267	3	Analytical or derived from analytical	--	05/2007
Folate, DFE	μg	19	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Choline, total 2 3	mg	6.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Betaine 2 3	mg	0.4	2	--	0.3	0.5	--	--	--	2	Analytical or derived from analytical	--	05/2006
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE 2 3	μg	0	8	0.083	0	1	3.0	0.233	0.764	2	Analytical or derived from analytical	--	10/2002
Retinol	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta 2 3	µg	6	8	1.000	0	8	3.0	2.799	9.164	2	Analytical or derived from analytical	--	10/2002
Carotene, alpha 2 3	µg	0	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	10/2002
Cryptoxanthin, beta 2 3	µg	0	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	10/2002
Vitamin A, IU 2 3	IU	10	8	1.667	0	13	3.0	4.665	15.273	2	Analytical or derived from analytical	--	10/2002
Lycopene 2 3	µg	0	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	10/2002
Lutein + zeaxanthin 2 3	µg	75	8	5.096	55	102	5.0	62.244	88.006	2	Analytical or derived from analytical	--	10/2002
Vitamin E (alpha-tocopherol) 2	mg	0.05	4	0.014	0.02	0.09	3.0	0.009	0.101	1	Analytical or derived from analytical	--	10/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 2	mg	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
Tocopherol, gamma 2	mg	0.05	4	0.013	0.02	0.08	3.0	0.013	0.097	1	Analytical or derived from analytical	--	10/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, delta ²	mg	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) ^{2 3}	µg	2.7	8	0.166	2.1	3.4	4.0	2.204	3.132	2	Analytical or derived from analytical	--	10/2002
Lipids													
Fatty acids, total saturated	g	0.032	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
4:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
6:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
8:0 ²	g	0.001	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
10:0 ²	g	0.001	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
12:0 ²	g	0.001	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	10/2002
14:0 ²	g	0.001	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	10/2002
15:0 ²	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0 ²	g	0.017	2	--	0.01	0.02	1.0	--	--	1	Analytical or derived from analytical	--	10/2002
17:0 ²	g	0.001	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	10/2002
18:0 ²	g	0.011	2	--	0.01	0.01	1.0	--	--	1	Analytical or derived from analytical	--	10/2002
20:0 ²	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
22:0 ²	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
Fatty acids, total monounsaturated	g	0.036	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
14:1 ²	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
15:1 ²	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
16:1 undifferentiated ²	g	0.001	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
17:1 ²	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated ²	g	0.035	2	--	0.03	0.04	1.0	--	--	1	Analytical or derived from analytical	--	10/2002
20:1 ²	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Fatty acids, total polyunsaturated	g	0.019	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
18:2 undifferentiated ²	g	0.016	2	--	0.01	0.02	1.0	--	--	1	Analytical or derived from analytical	--	10/2002
18:3 undifferentiated ²	g	0.003	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	10/2002
18:3 n-6 c,c,c ²	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
18:4	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
20:2 n-6 c,c ²	g	0.000	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	10/2002
20:3 undifferentiated ²	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
20:4 undifferentiated ²	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Tryptophan ^{2 3}	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Threonine ^{2 3}	g	0.043	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Isoleucine ^{2 3}	g	0.049	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Leucine ^{2 3}	g	0.084	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Lysine ^{2 3}	g	0.066	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Methionine ^{2 3}	g	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Cystine ^{2 3}	g	0.067	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Phenylalanine ^{2 3}	g	0.050	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tyrosine 2 3	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Valine 2 3	g	0.071	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Arginine 2 3	g	0.136	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Histidine 2 3	g	0.032	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Alanine 2 3	g	0.083	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Aspartic acid 2 3	g	0.213	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Glutamic acid 2 3	g	0.359	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Glycine 2 3	g	0.101	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Proline 2 3	g	0.130	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002
Serine 2 3	g	0.057	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Anthocyanidins													
Cyanidin ⁵	mg	1.70	--	0.63	0	4.1	--	--	--	--	--	--	--
Petunidin ⁵	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Delphinidin ⁵	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Malvidin ⁵	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Pelargonidin ⁵	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Peonidin ⁵	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin ⁵	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin ⁵	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin ⁵	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate ⁵	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate ⁵	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin ⁵	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavanones													
Hesperetin ⁵	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Naringenin ⁵	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin ⁵	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Luteolin ⁵	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavonols													
Myricetin ⁵	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Quercetin ⁵	mg	0.9	--	0.43	0	2.4	--	--	--	--	--	--	--
Isoflavones													
Daidzein ^{6 7}	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein ^{6 7}	mg	0.01	--	--	0	0.01	--	--	--	--	--	--	--
Glycitein ⁷	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones ^{6 7}	mg	0.01	--	--	0	0.01	--	--	--	--	--	--	--
Formononetin	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Coumestrol	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers ⁴	mg	1.8	--	0.48	1.28	2.57	--	--	--	--	--	--	--
Proanthocyanidin trimers ⁴	mg	3.0	--	0.46	2.34	3.67	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers ⁴	mg	5.9	--	0.68	4.78	6.7	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers ⁴	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) ⁴	mg	0.0	--	0	0	0	--	--	--	--	--	--	--

Sources of Data

¹Produce Marketing Association (PMA) Nutrient Content of Date, 1986

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5f, 2001 Beltsville MD

³Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5m, 2001 Beltsville MD

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⁵Harnly, J. M., Doherty, R., Beecher, G. R., Holden, J. M., Haytowitz, D. B., and Bhagwat, S., and Gebhardt S. **Flavonoid content of U.S. fruits, vegetables, and nuts**, 2006 J. Agric. Food Chem. 54 pp.9966-9977

⁶Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. **Daidzein and genistein content of fruits and nuts.**, 2000 J. Nutr. Biochem. 11 pp.326-331

⁷Thompson, L. U., Boucher, B. A., Liu, Z., Cotterchio, M., and Kreiger, N. **Phytoestrogen content of foods consumed in Canada, including isoflavones, lignans, and coumestan.**, 2006 Nutr. Cancer 54 pp.184-201

Footnotes

^a Common variety